

Focus the Message

Healthy Weight
Healthy Wait
Healthy Way to Feed

When?

- Every visit, every time regardless of chief complaint
- Everyone in the office understands the message and the goal
- Every space in the office contains information the patient can access herself
- Partner with the inpatient side

5 A's

- Ask: is this a problem
- Advise: how does this affect health?
- Assess: what are the strengths she brings to the challenge?
- Assist: share the solutions
- Arrange: follow up and continued care

Motivational Interviewing

- Express sympathy and understanding of her worldview
- Show the gap between what her ideal and her current behavior
- Roll with resistance and do not argue
- Support self efficacy; strengthen commitment

5 R's

- Relevance of the issue for the patient
- Risks if she does not change
- Rewards if she does change
- Roadblocks to making change
- Repeat at every visit

ACOG Resources

- The Role of the Obstetrician-Gynecologist in the Management of Obesity
Committee opinion #319 October 2005
- The Importance of Preconception Care in the Continuum of Women's Health Care
Committee Opinion #313 September 2005
- Breastfeeding: Maternal and Infant Aspects
Committee Opinion #361 February 2007